

THE BSAC CONNECTION

July 2025 Programs, Services, & Activities



Bellingham
Senior
Activity
Center

Connect with life!



A FESTIVAL FOR OLDER ADULTS

Wednesday, August 6th
10am - 2pm

**Hovander Homestead
Park, Ferndale**

No Entry Fee

BBQ Lunch \$6 (cash preferred)



Hosted by:  **WHATCOM**
Council on Aging

Connect, Engage and Enjoy!

Live Music | Food | Games | Demos
100 + Vendor Resource Fair



Donate Here -Thank You!



Puget Sound Energy | Hoagland Pharmacy | Thrivent | Eden Health | 7 Sisters Home Care | Compass Real Estate
Cascadia Health Care | Seeking Health | Bellevue Healthcare | Senior Support Services
Mt. Baker Care Center & Summit Place Assisted Living

Whatcomcoa.org

315 Halleck Street

(360) 733-4030



BSAC North

140 E Bellis Fair Parkway | 360-559-9752

near Winco Foods & Value Village

Monday - Thursday 8:00am-4:30pm; closed 12:00-12:30pm

Chairobics - Starts July 7th

Mondays, 1-2pm

Seated Aerobics to timeless tunes from the comfort of a chair a fun music filled class. Gentle cardio and rhythmic movement. Classic hits from Elvis to Bruno Mars. Class Instructor: Jeanne



Line Dancing - Starts July 15th

Tuesdays, 1-2pm

Kick up your heels and join us for a toe tapping good time. No partner needed Just your enthusiasm! Class instructor: Jeanne



BSAC North Class fees:

Punch cards available for a discounted class fee.

1 hour classes

members \$5

non-members \$8

under 50 \$10

Yoga

members \$10

non-members \$13

under 50 \$20

Volunteer Greeters Wanted: We are looking for a few good folks to volunteer at BSAC North. Interested? Please talk with Jeanne or Amy.

| | |
|-----------|---|
| Monday | 8:45-9:45 Tai Chi Qigong 10:00-11:30 Yoga w/ Mary 12:30-2:00 Table Tennis 1:00-2:00 Chairobics - Starts July 7th 2:00-3:15 Yoga w/ Dani |
| Tuesday | 9:00-10:30 Table Tennis 9:30-10:30 Zumba w/ Betty 1:00-2:00 Line Dancing - Starts July 15th 1:30-3:00 Table Tennis |
| Wednesday | 8:15-10:00 Table Tennis 10:00-11:15 Yoga w/ Dani 1:30-3:00 Table Tennis |
| Thursday | 8:15-10:30 Table Tennis 9:30-10:30 Zumba w/ Betty 10:45-12:00 Yoga w/ Mary 1:30-3:00 Table Tennis 2:00-4:00 English Country Dancing |



Getting here by bus: WTA route 331 has a stop just across the street behind Value Village.

Riding your bike: Check in with Jeanne for secure bike parking.

BSAC Central (Halleck St.)

Featured Programs for July 2025

| | | |
|---|--------|---|
| M O N D A Y | 8:15 | Advanced Fitness Hour |
| | 9:30 | EnhanceFitness |
| | 10:30 | Singing for Fun |
| | 12:15 | TED Talk Discussions (2nd & 4th Mon.) |
| | 12:30 | Mah Jongg |
| | 12:15 | Pinochle |
| | 1:00 | Strength Training for Balance (Virtual) |
| | 1:00 | Open Art Time |
| | 2:00 | Tech Help |
| | 3:15 | Longevity Stick |
| | 3:15 | Ukulele Practice |
| T U E S D A Y | 8:15 | Senior Trailblazers |
| | 8:15 | Beginning Tap Dance |
| | 8:30 | Chair Yoga |
| | 8:30 | Guitar Practice |
| | 9:00 | Rug Hooking |
| | 9:00 | Mah Jongg |
| | 9:30 | Senior Steppers |
| | 10:00 | Button Walkabouts |
| | 10:00 | Mindfulness Meditation |
| | 11:00 | French Conversation Group |
| | 11:00 | Longevity Stick (Virtual) |
| | 12:30 | Bridge (11:15-12:30 instruction) |
| | 1:00 | Scrabble & Hearts |
| | 1:30 | Chinese Mah Jongg |
| | 2:00 | Social Dance |
| W E D N E S D A Y | 8:15 | Advanced Fitness Hour |
| | 9:00 | Spanish Conversation (Virtual) |
| | 9:00 | Footcare |
| | 9:30 | EnhanceFitness |
| | 10:00 | Knitting & Crochet |
| | (pg.5) | Rainbow Elders |
| | 1:00 | Ladies Pool Group |
| | 1:00 | Strength Training for Balance (Virtual) |
| | 1:30 | BrainPower (1st & 3rd Wed.) |
| | 1:30 | Tai Chi Qigong |
| | 2:30 | Jam Session |
| | 2:45 | Longevity Stick |
| | 4:00 | Weekly Social Hour |
| T H U R S D A Y | 8:15 | Senior Trailblazers |
| | 8:30 | Chair Yoga |
| | 10:00 | Button Walkabouts |
| | 9:30 | Jam Session |
| | 10:00 | Spanish Conversation |
| | 10:30 | Writer's Group |
| | 11:00 | Longevity Stick (Virtual) |
| | 12:15 | Quilting Group |
| | 1:00 | Bunco |
| | 2:30 | Ukulele Practice |
| F R I D A Y | 8:00 | Table Tennis |
| | 8:15 | Advanced Fitness Hour |
| | 9:30 | EnhanceFitness |
| | 12:00 | Intro to Acoustic Guitar |
| | 12:15 | Pinochle |
| | 1:30 | Senior Steppers |
| | 2:00 | Tech Help |
| | 2:30 | Ballet |
| S A T | 9a-12p | Open Gym, Table Tennis, Library, Reiki |
| | 9:15 | Zumba |
| | 10:30 | Restorative Movement |

| | | |
|------|---|---------|
| 7/2 | Great Books Discussion (p.6) | 12:00pm |
| 7/7 | Portrait Basics & Beyond (p.7) | 10:30am |
| 7/8 | Exploring Your True Self (p.14) | 2:30pm |
| 7/9 | Group Health and Wellness Coaching (p.12) | 10:00am |
| 7/10 | WTA Guided Bus Trip to Barkley Market (p.11) | 11:30am |
| 7/11 | Connection between Autism and Dementia (p.12) | 10:00am |
| 7/11 | Knife Sharpening (p.5) | 10a-4p |
| 7/14 | Book Buzz (p.6) | 10:30am |
| 7/14 | TED Talk Discussion (p.14) | 12:15pm |
| 7/15 | Mug Painting Class (p.7) | 2:00pm |
| 7/16 | Paint Party! (p.13) | 3:00pm |
| 7/17 | Mud Bottom Maddy (p.4) | 12:30pm |
| 7/17 | Self Defence and How to Fall (p.7) | 1:30pm |
| 7/18 | Wonders of the World (p.6) | 10:30am |
| 7/18 | Wild Hearts (p.11) | 12:30pm |
| 7/21 | The Lost Art of Alaska Fishing (p.10) | 12:30pm |
| 7/23 | Emergency Preparedness (p.4) | 1:00pm |
| 7/25 | Sound Journey (p.5) | 10:00am |
| 7/25 | Exploring Your True Self (p.14) | 10:00am |
| 7/28 | TED Talk Discussion (p.14) | 12:15pm |
| 7/28 | Meet & Greet (p.4) | 2:30pm |
| 7/31 | Sikh Culture & History (p.10) | 1:30pm |

Ongoing Classes & Activities Schedule

The weekly schedule on the previous page lists the weekly or bi-monthly classes & activities. For details on all ongoing programs, pickup the Program Guide at the front desk, visit our website: whatcomcoa.org, or scan this QR code.



This *BSAC Connection* bulletin will feature upcoming programs - such as monthly programs, limited-time classes and workshops, events, and news from our Center and organization.

Classes offered online with Zoom



Links to our virtual programs on Zoom are included in the weekly email from BSAC.

Weekly classes include:
Strength Training for Balance,
Spanish Conversation, and more!

Visit whatcomcoa.org/virtualprograms

Sign-up for our email list at:
whatcomcoa.org or call 733-4030 x1035 for
instant access to all virtual programs.

Select videos of BSAC classes are
available on our YouTube Channel:
youtube.com/@wcoabsac6465

Register for programs at MyActiveCenter.com or Front Desk

Due to increase in class sizes and limited space, we ask that you please sign up in advance when that is indicated. Registration options: www.myactivecenter.com, by phone 360-733- 4030 x0, or at the front desk.

To create your account at MyActiveCenter.com, you will need your BSAC Keytag, the phone number we have on file for you and an email address. You will be asked to create a password for this account.

Monthly Ongoing Programs

Member Meet & Greet

Monday, July 28th, 2:30-3:15pm. Continuing on the 4th Monday of each month.

Whether you're new to the Center or a longtime member, we invite you to come together in a welcoming atmosphere to meet new friends, and learn about each other and about BSAC and the activities we offer.

Household Emergency Preparedness

Wednesday, July 23rd, 1:00-2:00pm. Free for members & guests.

Fire Safety: Fires can occur without warning. Learn where the nearest fire extinguisher is and how to use it safely. Every member of the household should know what to do when a smoke detector sounds an alert. Manage flammable items with care and eliminate as many as possible at home.



Continuing on the 4th Wednesday of each month at 1:00pm in 2025 following the 12 topics from the Prepare in a Year program. One

hour each month to make disaster readiness less daunting.

For a complete list of all 12 topics and access to the booklet, visit: <https://mil.wa.gov/personal>

Mud Bottom Maddy

Thursday, July 17th, 12:30 - 1:30pm. Continuing on the 3rd Thursday of each month.

Maddy is a local singer/songwriter who performs folk music for the express purpose of having fun. Maddy's songlist comprises music from several decades and an occasional original. Her performances are lively, fun, and smile-inducing.



TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks (or other similar talks & presentations) that will facilitate discourse on important subjects. The videos serve as a great jumping-off point for discussion and sharing of ideas, and we welcome suggestions for topics to explore together. Join us! Each gathering will feature two talks to be viewed and discussed.

Second & fourth Monday of each month, 12:15-1:45pm. See page 12 for this month's discussion.

Whatcom Edge Sharpening Service

Friday, July 11th, 10am-4pm. Continuing on the 2nd Friday of each month.

Take this opportunity to sharpen your knives, scissors, hair shears, garden tools, etc. The mobile sharpening service will be parked outside. Rates: Knives \$1/inch, Scissors \$2/inch.

Low Vision Support

No meetings in July or August.

Resumes Sept. 24. Continuing on the 4th Wednesday of each month, 1:00-2:00pm.

This group offers recognition and support of the difficulties low vision may present in everyday life. Meetings will typically include sharing of personal experiences and informative tips & discussion.

Tech Help

***now on Mondays & Fridays!**

Mon & Fri, 30-minute appts. from 2:00-4:00pm.

Having difficulty with your phone, laptop or tablet? Book a half-hour session with BSAC's own tech support volunteers. We coach through the unfamiliar and difficult, troubleshoot problems, and get you connected. Free with your BSAC Membership.



Rainbow Elders

Are you part of the Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ) community? Join us for monthly social discussion groups to meet new friends and be part of a supportive community. We will have the group provide direction for our discussions.

1st Wed., Rainbow Elders Lunch, 11:30 am.

2nd Wed., Rainbow Elders Coffee Talk, 2:00pm.

3rd Wed., Rainbow Elders Discussion, 3:15pm

4th Wed., Rainbow Elders Coffee Talk, 2:00pm.



Blood Pressure Checks

1st & 3rd Mondays from 10:30am to 1:00pm

Knowing your blood pressure is part of self-care. High blood pressure may increase the risk of heart attack, stroke, and kidney disease. You will be provided with a blood pressure log card to keep track of your blood pressure.



BLOOD PRESSURE

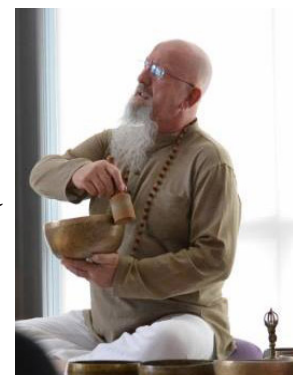
Sound Journey

Friday, July 25th, 10:00-

11:00am. Space is limited, registration is encouraged.

Arrive by 9:55am. Continuing on the last Fri./month.

A guided sound experience where participants comfortably lie (or sit) on the floor (or chair) with their eyes closed to obtain a relaxed state. The session includes breath work and listening to a variety of instruments in which frequencies assist the body in activating the parasympathetic nervous system, which controls the body's ability to relax. Facilitated by Everitt Allen, Sound Therapy of the Pacific Northwest.



Book Buzz

A monthly book discussion group. Continues on the 2nd Monday of each month.

**Monday, July 14th,
10:30am -**

"The Storm" by George R. Stewart 1941; An "ecological novel" in which a meteorologist realizes the fragility of human endeavors against a force of nature.

August's book is "Hester" by Laurie R. King 2022; two very different people, with exceptional talents, and haunting secrets, struggle against society's controlling efforts to limit individual freedom.



Wonders of the World



Join us on the third Friday of each month for slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

Friday, July 18th, 10:30am - Vikings: Who were the Vikings? Where did they come from and what did they actually do? Where did they go? Many of us are descended from the Nordic Peoples; this program will highlight their origins.

Reiki

Sign up at the Front Desk for a 30-minute reiki session. \$20 for the session, paid to the provider in cash. 4th Saturday of each month, 9am-12pm. BSAC members only.

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. It is not a replacement for medical treatment.

Great Books Discussion

Wednesday, July 2nd, 12:00-1:30pm. Continuing on the first Wed. of each month. Sign up at the Front Desk or MyActiveCenter.com.

For those interested in reading and discussing substantial works of literature.

July's reading is "The Lifted Veil" by George Eliot. August's is "My Confession" by Mary McCarthy. Facilitated by Mark B. Packer.

Hearing & Communication Consults

4th Monday of each month. Call or visit the Front Desk to schedule a 45-minute appointment.

Joel Bergsbaken from the Hearing Speech and Deaf Center in Bellingham will be here monthly to meet with individuals for one-on-one consultations to discuss hearing change, hearing loss, communication, community barriers, and listening technology.

Social Hour

Are you looking for an opportunity to get out and meet others for friendly conversation? Join other BSAC members at these gatherings to meet new friends, spark up conversations and enjoy some food and beverages. Hosted by BSAC members.

Meetups are Wednesdays at 4:00pm at the following locations:

July 2 - Kulshan Trackside, 298 W. Laurel St.

July 9 - Elizabeth Station, 1400 W. Holly St.

July 16 - Goods Local Brews, 2620 Northwest Ave.

July 23 - Larabee Lager Co., 4151 Meridian St. #100

July 30 - Stemma West Brewing, 508 Carolina St.



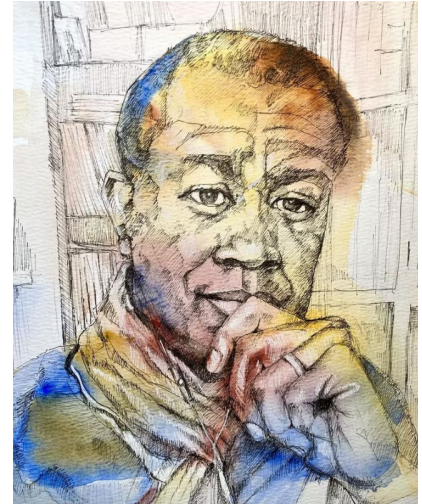
Portrait Basics & Beyond

Mondays in July, 10:30am – 12:00pm, Starts July 7 (4-class series). Sign up at the Front Desk or visit MyActiveCenter.com. BSAC membership required.

Have you ever wanted to draw or paint a portrait, but weren't sure where to start? Or maybe you've been drawing people for years and want to revisit the fundamentals in a friendly, encouraging space?

Join experienced portrait artist Sarah Lane for this 4-class series exploring the basics and beyond of portraiture. Whether you're brand new or seasoned with a sketchbook, you'll:

- Learn head and facial construction
- Draw faces from front, $\frac{3}{4}$, and profile views
- Practice quick sketching and detailed observation
- Work from photos or live models
- Explore a variety of tools beyond pencil and paper (optional)



About the Instructor – Sarah Lane

Taught portrait classes at Whatcom Community College Continuing Ed and Art & Happiness, Created 20 portraits for the Aging Well Whatcom “Art of Aging” project, Active member of the Pretentious Cleveland Portrait Artists, drawing or painting portraits live weekly. Sarah is passionate about making portraiture accessible, soulful, and fun!

Come sketch with us—no experience needed, just curiosity!

Mug Painting Class

Tuesday, July 15th, 2-4pm. Sign up at the Front Desk or MyActiveCenter.com. \$5 supply fee to instructor.

Join us for a fun and creative Mug Painting Class where you'll design your own unique mug using colorful paint pens. We'll provide all the materials and guidance you need. Take home a personalized mug that's perfect for your morning coffee—or as a heartfelt gift! Instructed by Nancy Mitchell.



Self Defense and How to Fall

Thursday, July 17th & 24th, 1:30- 2:30pm. Sign up at the front desk or MyActiveCenter.com.

BSAC member Bobbie, and her partner Bill, are black belts in Goju Ryu, a Japanese martial art and one of the most effective forms of karate for self-defense. They will teach you ways to feel more safe, including how to prevent or discourage an attack, and how to fall safely. These class sessions will include demonstrations and opportunities to practice what you have learned.

Senior Day in the Park

A FESTIVAL FOR OLDER ADULTS

Hosted by  **WHATCOM**
Council on Aging

Wednesday, August 6th
10am - 2pm

Hovander Homestead Park, Ferndale, WA
No Entry Fee - BBQ Lunch \$6



Connect, Engage and Enjoy!

Live Music | Lunch | Games | Demos |
100 + Vendor Resource Fair



Donate Here - Thank You!

BSAC closed on August 6th & 7th. Join us at the park on Aug. 6th!



ACTIVITIES & ENTERTAINMENT

AUGUST 6TH 2025

HOVANDER PARK



LIVE MUSIC! ON STAGE NEAR THE LUNCH PAVILLION

11:45am - Lounge Patrol
A classic rock journey infused with country and blues influences.

12:45pm - Ukulele
Joyful tunes from senior center musicians.



HOVANDER GARDEN TOURS

20-minute small-group tours led by Master Gardeners.
Sign up at the event for tour times of 11am or 12pm.



GUIDED WALK TO THE LOOKOUT TOWER & FRAGRANCE GARDEN

Leaves at 10:30 from the Activities Table. 1/2 mile to the tower.



ELDER VOICES - 1:30pm ON STAGE

Poems and prose from a cross-section of individuals in Whatcom County that captures the vitality and wisdom in their stories about growing older.

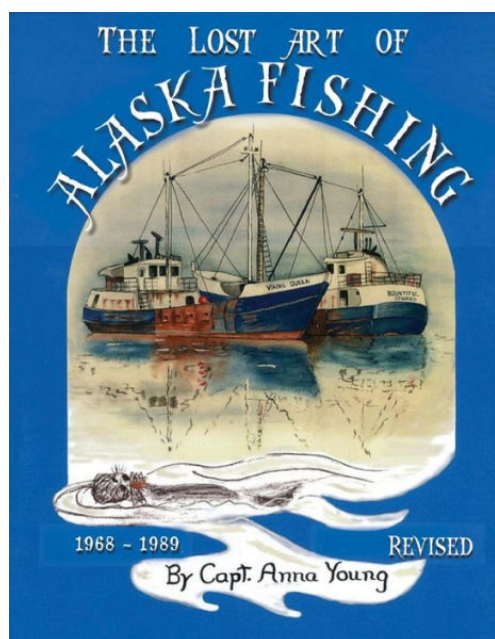


BOCCE BALL, CORNHOLE & ACTIVITY DEMOS

setup near the Activities Table, 10am - 2pm

The Lost Art of Alaska Fishing

Monday, July 21st, 12:30-2:00pm. Sign up at the Front Desk or MyActiveCenter.com



Anna Young is a retired fisherwoman turned sailor, author and filmmaker. Anna will discuss how she made a living fishing in Alaska and some of the history of that area, and also show parts of her films "Shooting the Gap" and "Alaska Women Mariners", winner of the coveted Moondance Film Festival's filmed television pilot Spirit Award in 2012. She will also talk about her book "The Lost Art of Alaska Fishing" including true stories of the history of Alaska commercial fishing, illustrated with over 100 watercolors and drawings.

Anna had been fishing when the Exxon-Valdez oil spill happened, and in 1989. After witnessing the devastation of the spill, paying the price in lost herring fisheries, harm to the environment, and disrupted lives of locals, she produced the film "Shooting the Gap" to bring attention and investigation to the costly disaster. The film tells the world what the commercial fishermen of Prince William Sound have always known.

Punjabi Sikh Culture & History

Thursday, July 31st, 1:30-2:30pm. Sign up at the Front Desk or MyActiveCenter.com

Harneet Kaur Matharu will share insights about our local Punjabi Sikh community, key aspects of Punjabi culture, and an introduction to Sikhi (the Sikh faith).

An engaging opportunity to explore Punjabi Sikh history, values, and spiritual practices, which many may not be familiar with. The Sikh community has a deep-rooted history in Whatcom County, including significant events like the 1907 Bellingham eviction.

The presentation will foster intercultural understanding, which is essential in today's diverse society to value community harmony and appreciate efforts that build empathy and connection across cultural lines. The Sikh principle of Chardi Kala (eternal optimism and high spirits) resonates deeply with themes of aging with dignity, grace, and inner strength.

The presentation is interactive, allowing participants to ask questions, share reflections, and relate the content to their own experiences.

Presented by The Chardi Kala Project: We bridge Whatcom County, WA Sikhs with non-Sikhs to end hate crimes by fostering connections between Whatcom County Sikhs and the broader community.



A celebration around The Arch of Healing and Reconciliation. The arch is a reminder of the past and bridge toward the future.





Wild Hearts

Friday, July 18th, 12:30-1:30pm on the lawn, open to all!

Cathy Taylor and Kathy Bastow, an acoustic guitar duo calling their band “Wild Hearts” share a love of singing and playing guitar. They play a wide variety of cover songs that span different genres, adding their own unique vocal arrangements.



Restorative Movement with Margie

Saturdays, 10:30 - 11:30am, ongoing. Space is limited, sign up at the Front Desk or MyActiveCenter.com. BSAC members only.

Looking for a relaxing way to move your body and connect with others? Restorative Movement is all about gentle stretching, easing stress, and enjoying good company. This class is open to all senior center members and can be easily adapted for folks with disabilities or limited mobility.



Each week, instructor Margie Goetz—who has a B.S. in Physical Education and is a certified yoga instructor—will tailor the class to meet the needs of the group. Whether you’re hoping to feel a little looser, a little calmer, or just want to share space with friendly faces, this class is a great way to take care of both your body and your mind.

WTA Guided Bus Trip

To Barkley Market, Thursday, July 10, 11:30am-1:30pm

Let’s have a picnic at the Barkley Market! Bring your own lunch or try one of the food trucks and enjoy the live music and lively atmosphere. While we’re there, grab some fresh produce or crafts from a local vendor.

Meet in the lobby at the Bellingham Senior Center 11:30am sharp! Dress for a short walk and time on the lawn. WTA passes will be provided if needed, bring a gold card if you have one. The group will return by 1:30pm.

SPACE IS LIMITED. RSVP or ask for more info at 360-756-TRIP (8747) or info@WhatcomSmartTrips.org.



Group Health and Wellness Coaching: Create Lasting Habit Change

Wednesdays, 10:00-11:00am, July 9th-30th & Aug. 13, 27, Sept. 10, 24. Sign up at the Front Desk or MyActiveCenter.com, \$15 to instructor per session.

Are you ready to take charge of your well-being and create lasting change? This 8-week group coaching experience is designed to empower you with the tools, strategies, and support to improve your health and well-being.

Grounded in the Duke University Health and Wellness Coaching model, this program blends evidence-based techniques with the power of group accountability to help you achieve sustainable lifestyle changes. Habit change happens over time and is key to avoiding lifestyle related health challenges. The first four sessions of this course are weekly and the last four are bi-weekly to give support during the entire change process. To get the full benefit, participation in the full series is recommended and walk-ins are welcome. Participants will:

- Get clear on your health vision and personal goals
- Experience science-backed strategies for behavior change
- Gain support and motivation from a like-minded community
- Cultivate tools to manage stress, build resilience, and practice mindfulness awareness
- Receive guidance on nutrition, movement, sleep, and overall well-being related to personal goals

About the instructor, Jill Stansbury: Qualified to be a health and wellness coach through Duke University. Jill has been a teacher, parent educator, social and emotional learning specialist, school administrator, meditation facilitator, and teacher coach. She is passionate about using curiosity to help individuals unearth their internal wisdom.

Searching for Answers - Postcards from Autism and the Connection between Autism and Dementia.

Eileen Coughlin, EdD Educational Psychology, MFA Creative Writing

Friday, July 11th, 10:00-11:30am. Sign up at the Front Desk or MyActiveCenter.com. \$15 to the presenter, includes a copy of the poetry book (which otherwise sells for \$20)

A reading from newly published poetry book *Postcards from Autism* and a discussion of the significant overlap between autism and dementia. We will use the poetry as background for the discussion of neurodiversity and the overlap between the characteristics of the neurodiversity of autism spectrum disorders and dementia, many of which have similar treatments and interventions.

Eileen Coughlin has a doctorate in Educational Psychology and MFA in Creative writing. She is also a parent of an autistic adult daughter and has a parent who suffered a stroke which impacted brain functioning. Eileen will be sharing her knowledge as an educator, parent, and poet in this presentation with the goal to invite dialog on the topic of neurodiversity.



Group Bike Rides

BSAC members have formed a group "BSACyclists" to coordinate group rides. This is done through an email list that members can sign up for at whatcomcoa.org/bikegroup. The group has scheduled three rides, welcoming other members to join.

Wednesday, July 2nd at 10:00am - BSAC to Lummi Peninsula Loop. This is a 28 mile ride around the Lummi Peninsula.

Wednesday, July 16th at 10:00am - RRtrail Northshore Dewey Marine. This is a 16 mile ride out to Dewey via the Railroad trail, Northshore/Britton, and back via Iron Gate/Sunset Ponds to Marine Drive.

Wednesday, August 6th at 10:00am - BSAC to Hovander for "Senior Day in the Park". Start at BSAC and travel along Marine Drive to the Nooksack Wildlife parking area where we'll take the trail along the Nooksack River for about 3.5 miles to Hovander Park and the picnic area. Total ride length is 20.5 miles roundtrip. Gravel tires are recommended for the trail. We'll lock bikes near the large, covered picnic shelter and meet back there at a mutually agreed time for the return ride.

Important Guidelines:

Meet at BSAC with your bike, a properly fit helmet, water, and appropriate clothing for our fickle weather. A spare tube, sunglasses, sunscreen, and snack are recommended.

Rules: Check-in with the group leader to sign the attendance/waiver sheet before the start of each ride. Follow your leader and keep together with the group. When riding, you are required to follow the rules of the road (stopping at signals and using directional hand signals). When on trails, pedestrians always have the right of way, and it's up to you to alert pedestrians when you pass.

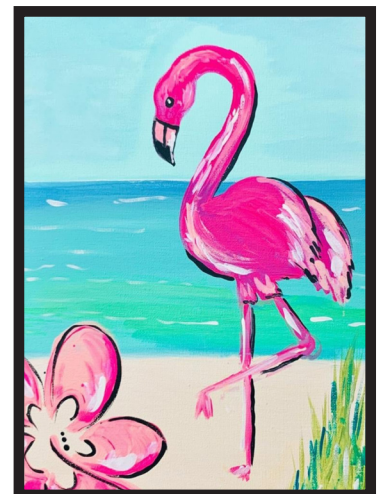
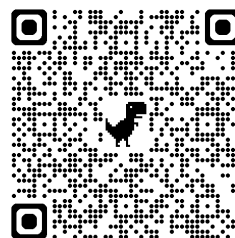


Paint Party!

Wednesday, July 16th, 3:00-5:00pm. BSAC members, friends & family, and anyone 50+ is welcome to join. \$35, scan the QR code to sign up.

Come join us for a paint party! We will be painting the "Fab Flamingo" painting which is such a fun option for a summer painting!

Join us for a fun and creative afternoon of painting with friends and fellow art enthusiasts. No experience is necessary, just bring your creativity and we'll provide all the supplies you need. We will be painting this beautiful angel on 11x14 stretched canvas with acrylic paints. The party will have a summer flamingo beach theme! Whether you're a beginner or a seasoned artist, this event is perfect for anyone looking to unwind and have a good time. Don't miss out on this opportunity to unleash your inner artist and create something beautiful.



TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks (or other similar presentations) that will facilitate discourse on important subjects. The videos serve as a great jumping-off point for discussion and sharing of ideas, and we welcome suggestions for topics to explore together. Join us! Each gathering will feature two talks to be viewed and discussed. *Second & fourth Monday of each month, 12:15 - 1:45pm.*

Monday, July 14th at 12:15pm - Anxiety

Chronic Stress, Anxiety? - You Are Your Best Doctor! - Going from physician to patient following an accident on the same day, Dr. Bal Pawa realized the gap in our current medical system: The vital role of the mind-body connection and self-regulation.

How to make anxiety your friend - When anxiety rears its head, we often just want it to go away. Clinical psychologist David H. Rosmarin asks us to consider instead the positive role anxiety can play in our lives, sharing four practical steps to transform it from your enemy into your ally.

Monday, July 28th at 12:15pm - It never hurts to ask

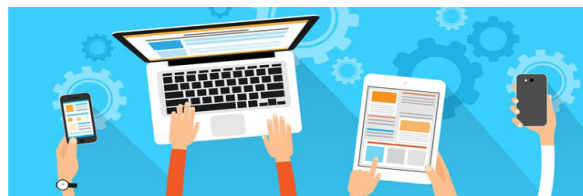
The art of asking - In a passionate talk that begins in her days as a street performer (drop a dollar in the hat for the Eight-Foot Bride!), Amanda Palmer examines the new relationship between artist and fan.

What I learned from 100 days of rejection - Jia Jiang adventures boldly into a territory so many of us fear: rejection. By seeking out rejection for 100 days Jiang desensitized himself to the pain and shame that rejection often brings and, in the process, discovered that simply asking for what you want can open up possibilities where you expect to find dead ends.

Tech Help *now on Mondays & Fridays!

Mon & Fri, 30-minute appts. from 2:00-4:00pm.

Having difficulty with your phone, laptop or tablet?
Book a half-hour session with BSAC's own tech support volunteers. Free with BSAC Membership.



Exploring Your True Self Discussion Group

We all have wonderful qualities within us. Explore what they are, how we have expressed them, and how we can expand them. We are more than older beings or former workers. We are the qualities we possess and we continue to grow. Join this group in sharing a wide variety of quotes on different qualities and share your thoughts. A list of quotes related to the topic of discussion will be provided by the facilitator, Ellen Dodson, and we will have the opportunity to discuss and expand on the quotes that we identify with or that stick out to us. It will be empowering to discover and share these positive qualities that we all possess.

Continuing on the 2nd Tuesday of each month at 2:30pm and the 4th Friday at 10:00am. Sign-ups are encouraged, but not required. Sign-up at the Front Desk or MyActiveCenter.com

SHIBA welcomes Whatcom Council on Aging as the new local SHIBA program for help with Medicare

Starting July 1, the [Whatcom Council on Aging](#), which operates the Bellingham Senior Activity Center, will serve as the new [Statewide Health Insurance Benefits Advisors \(SHIBA\)](#) sponsor for Whatcom County.

A public service offered by the Washington state Office of Insurance Commissioner, SHIBA volunteers have been helping people on Medicare for more than 46 years. Over 230 trained volunteers statewide provide free, impartial and confidential Medicare counseling and education to people in their communities about Medicare plans, prescription drug access, fraud and abuse, and more.

“Resource connection and navigation is an important part of the Whatcom Council on Aging’s mission,” says Chris Orr, Whatcom Council on Aging Executive Director. “Our board, staff and volunteers are excited about our SHIBA sponsorship and helping provide older adults with free, unbiased, and confidential help with Medicare and health care choices.”

The Whatcom Council on Aging, in partnership with the people they serve, offers nutritional, health, social, recreational, and educational programs that promote lifelong independence.

Starting July 1, you can contact us for help with all your Medicare questions at:

Phone: 360-788-2725

Email: SHIBA@Whatcomcoa.org



Bridge Summer School

BSAC invites you to Bridge Summer School. This is for past students, for those still working on their 1,000 hands, for those that feel a little rusty and need some low-pressure practice, for regular players that don't get to play enough and for those (future students?) that are just curious about this fantastic game.

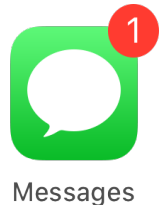
Held in Room 16, each Tuesday, 11am-3:30pm. Drop in and play. Drop in and watch. Come when you can. Leave when you need to go. No keeping score. Play with a variety of partners. Learn new conventions. Practice old ones. Plenty of table talk. There will be no formal classes, but discussion and instruction is available on a hand-by-hand basis.

If you are interested in a beginning bridge class, please sign up at the Front Desk. The earliest start will be a week after Labor Day. You will get a call from the instructor around mid-August to inform you of the details of the class.



Text Notifications from BSAC

At times BSAC will use texting or calling through the My Senior Center program as a way for us to quickly let you know about changes to classes you have signed up for or attend regularly.



Please save this number to your phone to ensure you receive these important BSAC notifications: 855-953-2720. Please talk with a BSAC team member if you have any questions.

Introducing Amanda Apitz, BSAC Program Concierge

Amanda fled the fast-paced rat race of the East Coast in 1994 as a young woman committed to working for social change. Originally from Baltimore, Maryland, she found a new rhythm on the West Coast and has since dedicated herself to a wide range of nonprofit causes. Now, she brings her seasoned experience in both eldercare and community organizing to her role at the Bellingham Senior Activity Center.

Since 2009, Amanda has worked closely with seniors as a caregiver, offering compassionate, individualized support that honors dignity, autonomy, and connection. Amanda moonlights as a grant writer and event planner for organizations such as Salish Current, the Chardi Kala Project, and the Jazz Center of Bellingham. She also serves as the Fundraising Chair on the Board of the Jazz Center of Bellingham and is a co-producer of the Subdued Stringband Jamboree as the Hospitality Coordinator.

Outside of work, Amanda can be found riding her bike, hiking local trails, swimming, dancing at the VFW, ignoring her cello while playing her piano. Her commitment to people, art, and the environment shines through in everything she does, making her a vibrant and valued presence at the Senior Center.



Upcoming Closures:

July 4 - closed for Independence Day

August 6 - Senior Day in the Park- Join us at Hovander Homestead Park

August 7 - Closed



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**Bellingham
At Home**

A Senior Village Without Walls
BellinghamAtHome.org 360 746-3462
A program of the Whatcom Council on Aging

Bellingham At Home is a grassroots, volunteer powered, non-profit membership organization helping people sustain positive futures as they grow older.

We provide both practical assistance and a caring community to support members in feeling more secure and confident while living in their homes as long as possible. We offer opportunities to find purpose and connection through building new relationships and helping others. We aspire to create a positive vision of aging for our members, volunteers and the larger community.



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Senior Day in the Park

August 6, 2025

Learn more about the home health and hospice services offered through PeaceHealth at our booth at Hovander Homestead Park in Ferndale.

peacehealth.org



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Senior Community Meals at BSAC

Senior Community Meals are in-person 5 days a week, Monday through Friday, 11:30-12:30. Check out the menu on the next page.

All senior meals are available on a donation-only basis to anyone 60 and older, with a Participant Information Form (PIF) on file. PIFs are available at the front desk.

The suggested donation is \$6 per meal or whatever is affordable. Donations can be made by cash, check, or online at whatcomcoa.org/donate. No eligible person will be turned away due to the inability to donate.

Others eligible for a donation-based meal include: the spouse/domestic partner of an eligible senior, the unpaid caregiver of an eligible senior, the disabled dependent of an eligible senior, and volunteers of any age who support the meal program.

Those under age 60 who wish to participate in the meal program will be charged \$10. Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals.

Resources
Activities
Entertainment
Lunch and More!



Wednesday
August 6, 2025

Senior Day in the Park
"A festival for older adults"

Hovander Park
in Ferndale
10AM-2PM



Join us Wednesday August 6th at Senior Day in the Park for a BBQ Lunch!

Choice of: Cheeseburger/Hamburger, Hempler's Hot Dog, Vegetarian option

All options come with:

- Ian's World-Famous Potato Salad
- Fresh Watermelon
- Freshly baked cookie
- Choice of beverage

All meals will be \$6.00 this year, with all proceeds going towards the Meals on Wheels & More program!

We look forward to seeing everyone at the park!





Meals on Wheels and More

BSAC, Blaine, Ferndale Community Meals

July 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| Bellingham Kitchen Team Melody Phillips-Kitchen Supervisor Emy Olguin-Prep Cook Patrick Greenberg-Prep Cook Reece Booth-Kitchen Asst. Kel Trujillo-Kitchen Asst. Ian Cassinos-Food Service Mgr. | 1 Honey Mustard Chicken <i>*Vegan Cutlet</i> Roasted Yam Brussels Sprouts Kale Citrus Salad Cookie | 2 BBQ Pulled Pork <i>*Veggie Pulled Pork</i> Brown Rice Roasted Baby Carrots Coleslaw Fruited Jell-O | 3 All Beef Hotdog w/ Onions & Sauerkraut Potato Salad Watermelon Ice Cream | 4 4th of July Center Closed |
| 7 Spaghetti & Meatballs <i>*Veggie Meatballs</i> Italian Vegetables Garlic Toast Caesar Salad Peaches | 8 3 Bean Chili Stuffed Baked Potato Steamed Broccoli Garden Salad Fresh Fruit | 9 Chicken, Shrimp & Sausage Jambalaya <i>*Vegetarian Jambalaya</i> Sweet Honey Cornbread Garden Salad Tropical Fruit Salad | 10 Beef Sloppy Joes <i>*Vegetarian Sloppy Joes</i> Potato Wedges Crinkle Cut Carrots Pineapple Coleslaw Cookie | 11 Chef Salad <i>*Vegetarian Entrée Salad</i> Whole Wheat Roll Orange Wedges |
| 14 Rueben Chicken <i>*Rueben Veggie Cutlet</i> Roasted Sweet Potato Green Beans Kale Citrus Salad Orange Cream Salad | 15 Fish Tacos <i>*Grilled Tofu Tacos</i> Cilantro Lime Rice Garden Salad Pineapple | 16 Birthday Lunch Salisbury Steak <i>*Veggie Patty</i> Potatoes & Mushroom Gravy Buttered Dill Carrots Spinach Salad Birthday Cake | 17 Denver Omelet <i>*Mushroom Omelet</i> Roasted Potatoes Wheat Roll Garden Salad Fruit & Yogurt Parfait | 18 Asian Chicken Salad <i>*Grilled Tofu Entrée Salad</i> Vegetable Spring Rolls Fresh Fruit Medley |
| 21 Butternut Squash Ravioli w/ Brown Butter Sage Sauce Fresh Broccoli Caesar Salad Fresh Grapes | 22 Sweet & Sour Chicken Brown Rice Asian Vegetables Broccoli Slaw Mandarin Oranges | 23 Pork Cutlet w/ Mushroom Sauce <i>*Veggie Cutlet</i> Roasted Red Potatoes Honey Glazed Carrots Garden Salad Apple Sauce | 24 French Dip w/ Swiss Cheese <i>*Veggie Burger Dip</i> Sweet Potato Fries Spinach Salad Raspberry Sherbet | 25 Shrimp Salad <i>*Grilled Tofu Entrée Salad</i> Oatmeal Bread Fresh Red Grapes |
| 28 Split Pea Soup w/ Ham <i>*Veggie Split Pea Soup</i> Grilled Cheese Sandwich Garden Salad Mixed Melon Salad | 29 Chicken Fajitas <i>*Vegan Fajitas</i> w/ Sour Cream & Salsa Spanish Rice Roasted Corn Salad Fresh Orange Slices | 30 Beef Burgandy <i>*Vegetarian Burgandy</i> Egg Noodles California Blend Garden Salad Berry Crisp | 31 Baked Salmon <i>*Veggie Cutlet</i> Wild Rice Pilaf Normandy Vegetable Blend Kale Citrus Salad | Alternate Vegetarian Meal <i>In *Italics</i> Entrée Salad Option Available Every Day Ferndale - Donna Kinley Blaine - Steve Wittwer |

Menus are subject to change due to food cost and availability.

Meals on Wheels and More is a program of the Whatcom Council on Aging.



WHATCOM
Council on Aging



Bellingham Senior Activity Center

Two Locations To Serve You!

BSAC Central

315 Halleck St.
(360) 733-4030

Monday - Friday

8:00am to 4:30pm

Saturday Members Only- bring your keytag!

9am-12pm

(360) 733-4030

WCOA Executive Director, Chris Orr ext: 1026 corr@whatcomcoa.org

BSAC Director, Molly Simon ext: 1020 msimon@whatcomcoa.org

BSAC Program Coord., Eric Pierson ext: 1035 epierson@whatcomcoa.org

WCOA Volunteer Coord., Amy Wharton . . . ext: 1024 awharton@whatcomcoa.org

BSAC North, Jeanne Storm. 360-559-9752 jstorm@whatcomcoa.org

BSAC Program Concierge, Amanda & Teresa . . ext: 1016

Meals on Wheels & More 360-746-6480

Bellingham at Home 360-746-3457

SHIBA Whatcom. 360-788-2725

BSAC North

140 E Bellis Fair Parkway
(360) 559-9752

Monday - Thursday

8:00am to 4:30pm

closed 12-12:30pm

BSAC

Membership

Options:

\$60 for 12 months

\$20 for a 3 months